



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 19029, Topping, SMUCKER'S MAGIC SHELL**

**Report Date: June 26, 2017 16:06 EDT**

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water	g	0.25	--	--
Energy	kcal	609	--	--
Energy	kJ	2548	--	--
Protein	g	2.94	--	--
Adjusted Protein	g	0.29	--	--
Total lipid (fat)	g	44.10	--	--
Ash	g	2.64	--	--
Carbohydrate, by difference	g	50.07	--	--
Fiber, total dietary	g	2.9	--	--
Sugars, total	g	47.06	--	--
<b>Minerals</b>				
Calcium, Ca	mg	0	--	--
Iron, Fe	mg	0.00	--	--
Magnesium, Mg	mg	15	--	--
Phosphorus, P	mg	54	--	--
Potassium, K	mg	73	--	--
Sodium, Na	mg	29	--	--
Zinc, Zn	mg	0.45	--	--
Copper, Cu	mg	0.133	--	--
Manganese, Mn	mg	0.148	--	--
Selenium, Se	µg	1.0	--	--
Fluoride, F	µg	0.0	--	--
<b>Vitamins</b>				

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin	mg	0.016	--	--
Riboflavin	mg	0.058	--	--
Niacin	mg	0.105	--	--
Pantothenic acid	mg	0.077	--	--
Vitamin B-6	mg	0.013	--	--
Folate, total	µg	6	--	--
Folic acid	µg	0	--	--
Folate, food	µg	6	--	--
Folate, DFE	µg	6	--	--
Choline, total	mg	9.4	--	--
Betaine	mg	0.1	--	--
Vitamin B-12	µg	0.08	--	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	6	--	--
Retinol	µg	6	--	--
Carotene, beta	µg	1	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	21	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	1	--	--
Vitamin E (alpha-tocopherol)	mg	9.85	--	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta	mg	0.00	--	--
Tocopherol, gamma	mg	0.17	--	--
Tocopherol, delta	mg	0.00	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D3 (cholecalciferol)	µg	0.0	--	--
Vitamin D	IU	0	--	--
Vitamin K (phylloquinone)	µg	1.8	--	--
<b>Lipids</b>				
Fatty acids, total saturated	g	20.590	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
4:0	g	0.020	--	--
6:0	g	0.120	--	--
8:0	g	1.439	--	--
10:0	g	1.160	--	--
12:0	g	8.536	--	--
13:0	g	0.000	--	--
14:0	g	3.275	--	--
15:0	g	0.000	--	--
16:0	g	3.664	--	--
17:0	g	0.002	--	--
18:0	g	2.360	--	--
20:0	g	0.013	--	--
22:0	g	0.001	--	--
24:0	g	0.000	--	--
Fatty acids, total monounsaturated	g	6.156	--	--
14:1	g	0.000	--	--
15:1	g	0.000	--	--
16:1 undifferentiated	g	0.029	--	--
17:1	g	0.000	--	--
18:1 undifferentiated	g	6.127	--	--
20:1	g	0.000	--	--
22:1 undifferentiated	g	0.000	--	--
24:1 c	g	0.000	--	--
Fatty acids, total polyunsaturated	g	15.094	--	--
18:2 undifferentiated	g	15.082	--	--
18:3 undifferentiated	g	0.011	--	--
18:4	g	0.000	--	--
20:2 n-6 c,c	g	0.000	--	--
20:3 undifferentiated	g	0.000	--	--
20:4 undifferentiated	g	0.000	--	--
20:5 n-3 (EPA)	g	0.000	--	--
22:5 n-3 (DPA)	g	0.000	--	--
22:6 n-3 (DHA)	g	0.000	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Fatty acids, total trans	g	0.017	--	--
Cholesterol	mg	2	--	--
Phytosterols	mg	40	--	--
Stigmasterol	mg	1	--	--
Campesterol	mg	0	--	--
Beta-sitosterol	mg	2	--	--
<b>Amino Acids</b>				
Tryptophan	g	0.037	--	--
Threonine	g	0.108	--	--
Isoleucine	g	0.143	--	--
Leucine	g	0.230	--	--
Lysine	g	0.180	--	--
Methionine	g	0.044	--	--
Cystine	g	0.035	--	--
Phenylalanine	g	0.147	--	--
Tyrosine	g	0.113	--	--
Valine	g	0.151	--	--
Arginine	g	0.193	--	--
Histidine	g	0.074	--	--
Alanine	g	0.115	--	--
Aspartic acid	g	0.309	--	--
Glutamic acid	g	0.567	--	--
Glycine	g	0.108	--	--
Proline	g	0.191	--	--
Serine	g	0.150	--	--
Hydroxyproline	g	0.000	--	--
<b>Other</b>				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	4	--	--
Theobromine	mg	46	--	--